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## **POST-OPERATIVE INSTRUCTIONS**

### **Additional Instructions Following Onlay Cortical Graft Placement**

**Please review our General Post-Operative instructions** in addition to the following information that applies when onlay grafting material has been placed onto your jawbone in an area where bone height or width have been lost. The graft is placed to help restore your jawbone in preparation for possible implant replacement of the missing tooth or teeth.

You have had a Cortical Bone Graft if the area where your jawbone was deficient. This procedure will augment the deficient area in preparation for implant replacement of missing teeth. The bone that has been grafted comes from either your mouth or is replacement bone supplied by another donor.

Because of this you may have two post-surgical wounds: the donor site and the recipient site or only the recipient site.

Try to avoid chewing directly on the area or areas where the bone graft was placed until at least your post-operative appointment.

### **Antibiotics**

Be sure to take the prescribed antibiotics as directed to help prevent infection

### **Oral Hygiene**

Do not rinse or spit on the day of your surgery. This tends to disturb the blood clot, open the wound and can prolong bleeding and slow healing. You should not have a significant amount of blood in your mouth. Saliva can be swallowed, even if slightly blood tinged.

Keeping your mouth clean after surgery is essential to reduce the risk of infection. Start salt water rinses the day following your procedure. Use one-half teaspoon of salt dissolved in an 8 ounce glass of warm water and gently rinse with portions of the solution, taking five minutes to use the entire glassful. Repeat as often as you like, but at least four to five times daily and always after eating for the next five days.

Do not brush the teeth in the area of surgery for 48 hours. When brushing, be very gentle. When expectorating, also be gentle.

We may prescribe an antibiotic rinse (Chlorhexadine, Periogard, Peridex) for certain procedures. This rinse should be used in the morning and at bedtime after routine mouth care. Do not eat or drink or rinse your mouth after using the medicated rinse. Using this rinse more than two times a day will cause staining of your teeth.

## **Smoking**

DO NOT SMOKE for at least two weeks following surgery. As discussed at your consultation, smoking dramatically increases the risk of bone graft failure. Dr. De Tolla can prescribe a Nicoderm patch if you feel you need it.

## **Wearing your Prosthesis or Nightguards**

Partial dentures, flippers, or full dentures should not be used immediately after surgery until your post-operative appointment unless specifically instructed otherwise. Please contact the office if there is any question. If you have a temporary “flipper” to wear do not place it until the numbness in the area is gone. When it is placed it should not touch the gums in the area of the surgery. If it does, this can cause ulceration of the wound edges and breakdown of the suture margins. This can lead to loss of the graft. If you have questions about the fit of your flipper, partial or complete denture, do not wear it until your general dentist or our office can see you.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call the office. Please try to call during office hours; however a 24-hour answering service is available for after hours contact with a doctor. The after hours telephone number is (603) 433-5405.

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